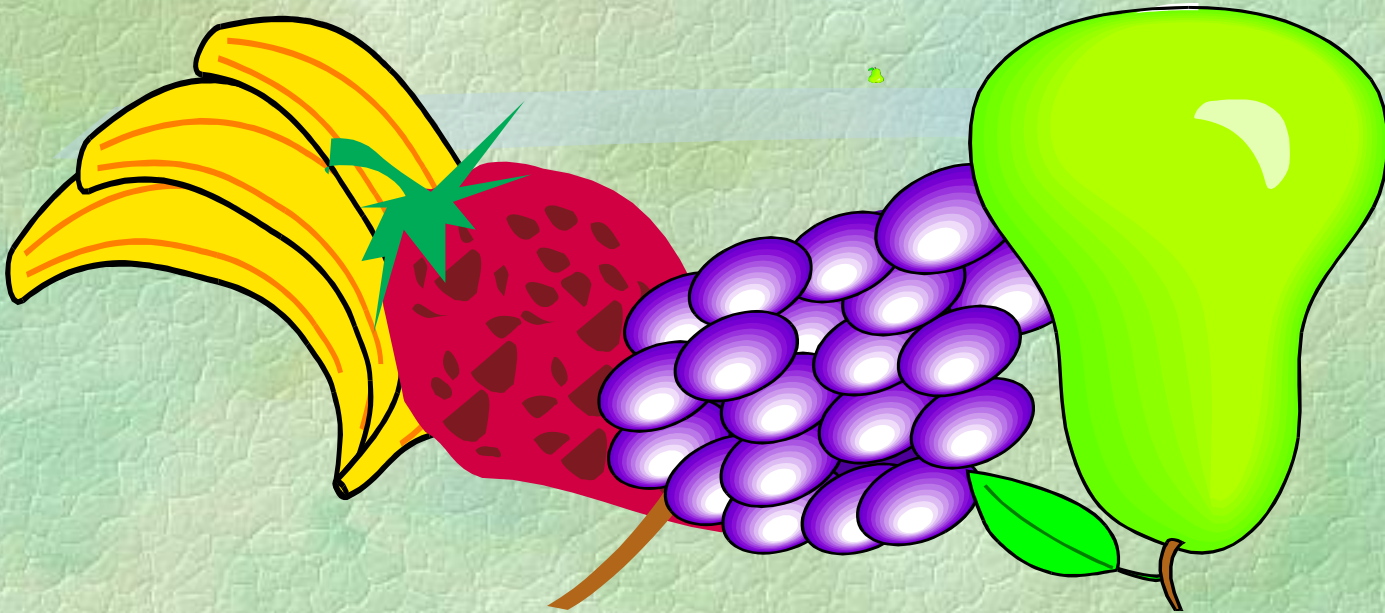


Fitness For Our Force

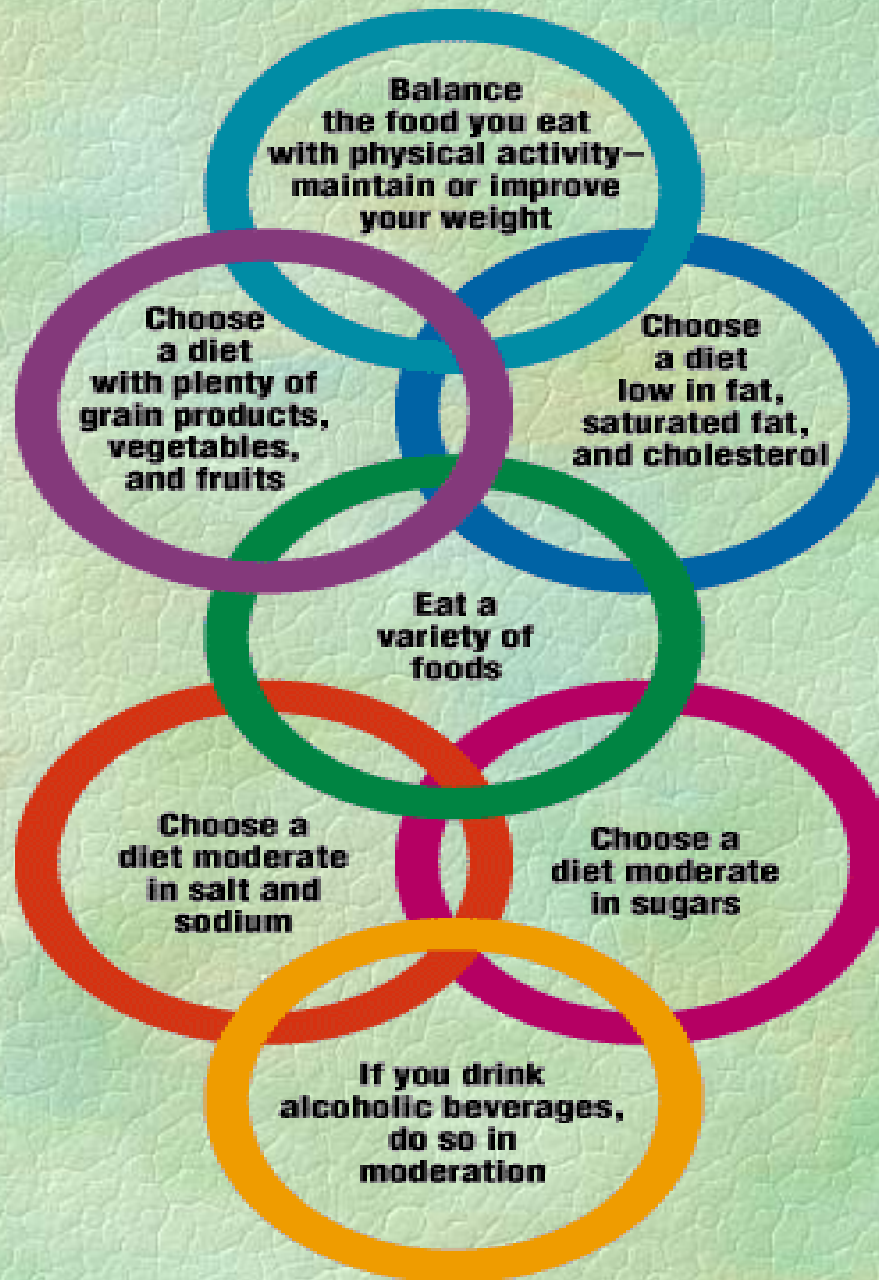
Nutrition



Lesson 4

Our government has proved that they are ready to make sure that we get the foods that are essential to our bodies.





Essential Nutrients:

1. Carbohydrates

2. Fats

.

3. Proteins

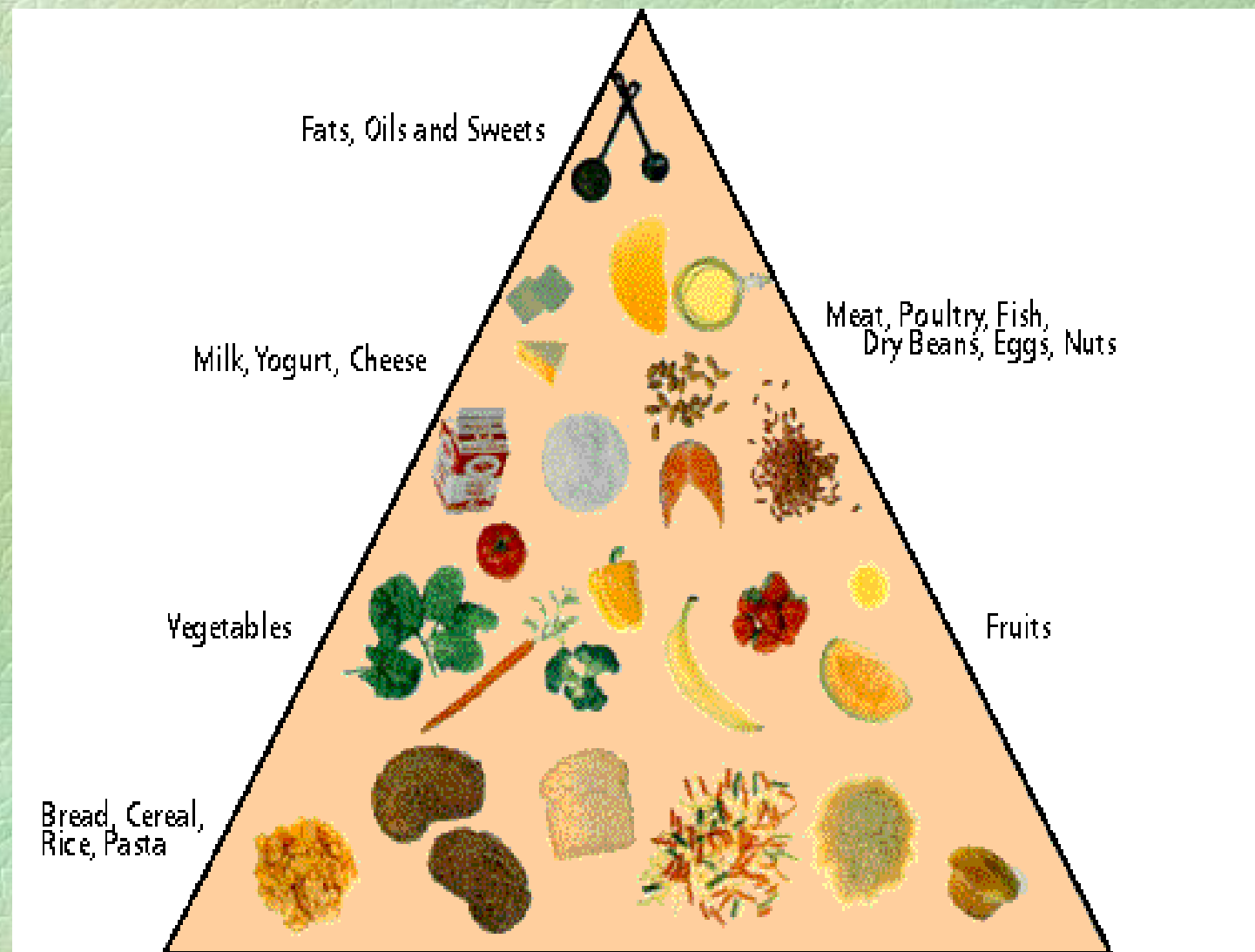
4. Water

5. Vitamins-

The New USDA



What Is It?



Bread products



Fruit



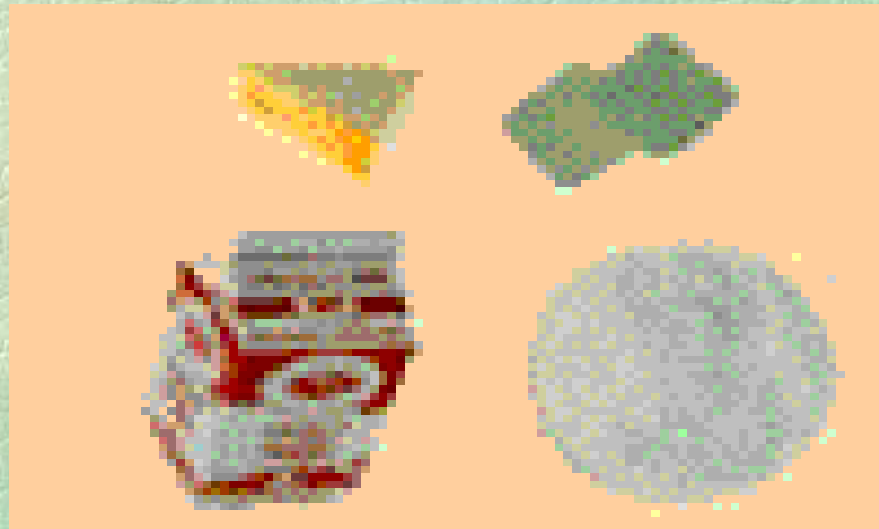
Vegetables



Meats



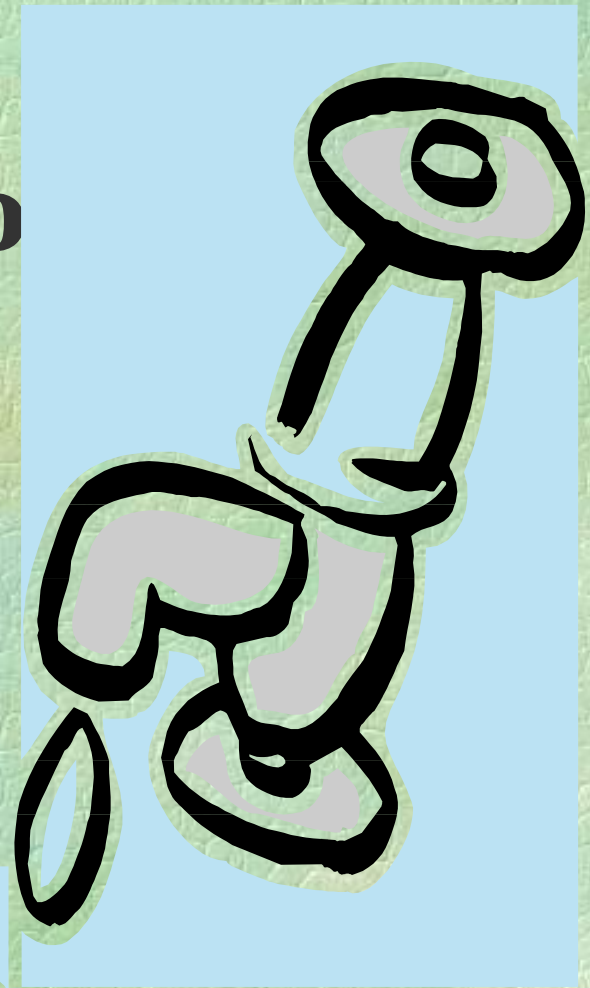
Milk Products



Fats



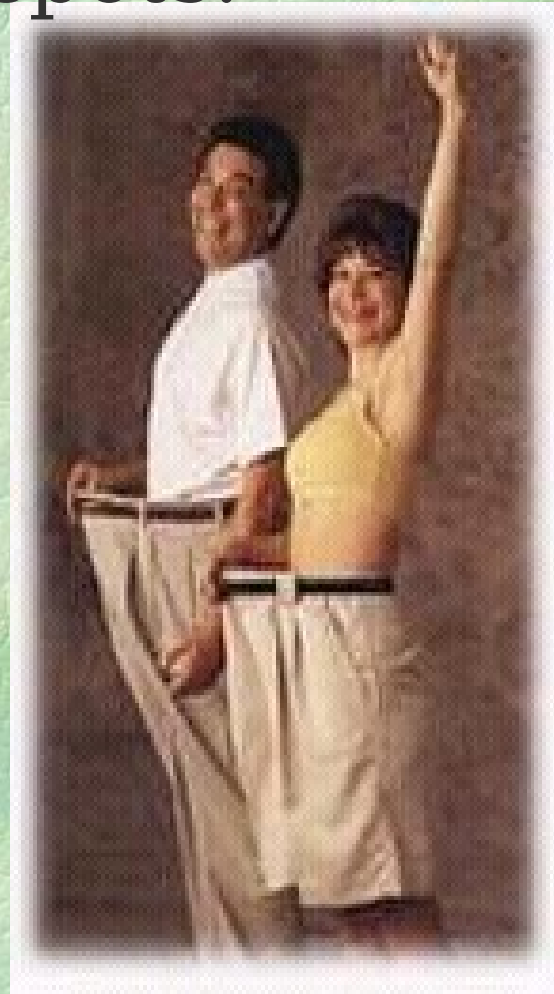
The Importance of Water



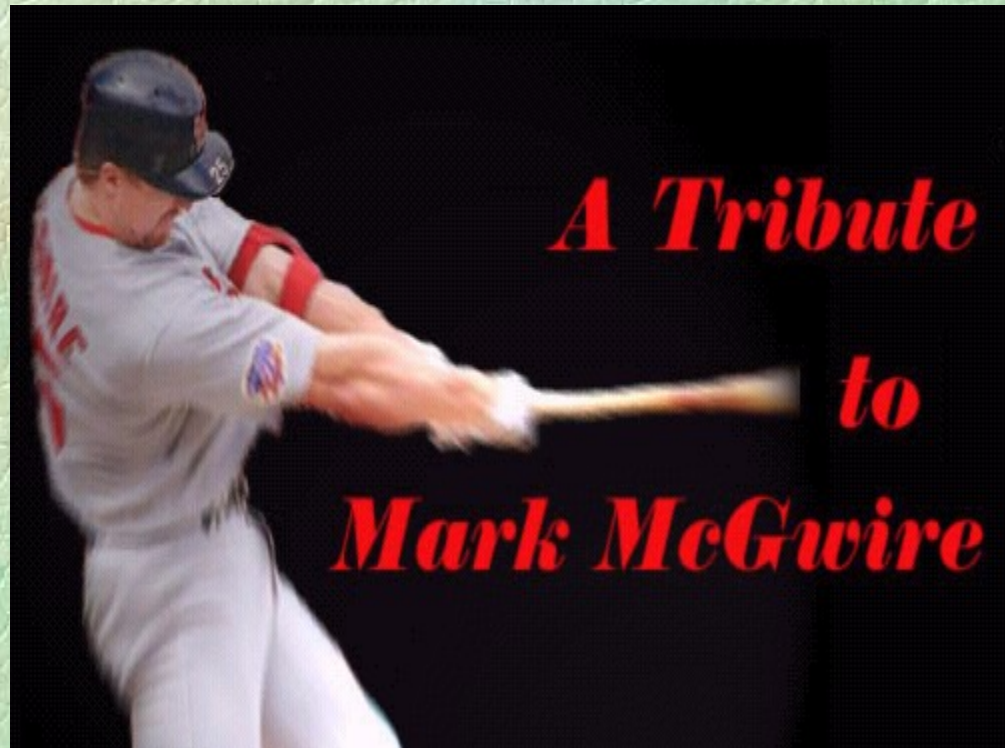
Facts about Water

1. Between 40 and 60 percent of your body should be made up of water to keep your body functioning correctly.
2. You should drink 1/2 ounce of water for every pound of body weight every day.
3. While exercising you should drink at least every twenty minutes to replace the fluids your body is losing.
4. Water can help you keep your body and heart rate low all of the time.
5. Water is the ultimate beauty product.

Water can aide in digestion and exercise, therefore reducing some fat deposit spots.



Water during exercise can greatly increase the effects for all athletes, no matter what level or intensity of the exercise.



Benefits of Water

Water can be the one of the best friends you have.

It can help

in all of the aspects of your life. Exercise, feeling


good, dieting,

and just plain being healthy are all benefits if the

right amount of

water is consumed daily. If there is not enough


water in your




CALORIES: THE ENERGY PRODUCERS

🐸 The actual name for Calories is Kilocalories. A kilocalorie is the amount of energy it takes to raise the temperature of one kilogram of water, one degree on the Centigrade thermometer at sea level.

🥗 All foods provide calories. All calories are energy. But many calories are missing the extra benefits of vitamins, minerals, fiber, amino acids, and fatty acids.

 **Many people who can afford food, are still malnourished because they do not know how to choose a diet that gives them nutrients as well as calories.**

 **The foods that have the most calories per one gram are:**

-protein has *4 calories*

-fat has *9 calories*

-Carbohydrates has *4 calories*

-alcohol has *7 calories*

(Fitness and Wellness for Life, Prentice)

15 grams fat X 9 = calories/gram X 100 =

180 calories

= 75% of serving calories come from Fat

The way calories work:

- *All calories, no matter where they come from, give you energy.*

- 🐷 If you take in more than you spend; you'll gain weight.
- If you take in less, then you spend, you'll lose weight.
- It's the same for everyone.

How we spend our calories

- The energy, you need when you rest.
- The energy you need when you are active.

- Even at rest, your body is still working to keep you alive. Your internal organs still perform their functions; and it takes energy to perform them.

🐸 The second largest way you spend energy is what you spend of physical work; from brushing your teeth to working in the garden, to doing a workout.

□ *(Thinking does burn calories, but not as much as you might think).*

🐸 **One pound of Body Weight is 3,500 calories. So, if you cut your calories and do the same amount of physical activity; you will lose weight. Moderate lowering of your calories, will produce a healthier moderate weight loss.**

🐸 One way to chart your weight is by the **Body Mass Index** (BMI), a number that measures the relationship between your weight and your height. It offers a predictive estimate of your risk of a weight related disease.


To figure your BMI; do the following calculations:

- Multiply your weight (In pounds) by 705. Then divide the result by your height in inches two times. For instance: I'm 5'7" (67 inches) and I weigh 210. My BMI is:

$$\frac{210 \times 705}{67} = \frac{148,050}{67} = \frac{2,209.7}{67} = 32.9$$

If your BMI is : Your Health Risk

is: _

- | | |
|--|--|
| <input type="checkbox"/> under 25 |  Much Lower than average |
| <input type="checkbox"/> 26-30 | |
| <input type="checkbox"/> 31-35 | <input type="checkbox"/> Lower than average |
| <input type="checkbox"/> 36-40 | <input type="checkbox"/> Average |
| <input type="checkbox"/> over 40 | <input type="checkbox"/> Higher than Average |
| | <input type="checkbox"/> Much higher than average |

🌱 **The trick to managing calories, is to not let them control you. Once you understand that your body burns food to make energy, and that fats are more fattening than proteins and carbohydrates; you can strategically plan your energy intake to match what you use, and vise versa.**